

As we approach the midway point of summer, I hope that you have found some time to get together with your Mentee. If not, now is a great time to email them and set up a meeting. As always, we appreciate your willingness to share your time and expertise as a mentor to our faculty. *Research shows that mentors can positively impact and advance the institutional climate for new faculty.* As always, the goal of our **monthly e-newsletters** are to provide information on resources, upcoming events, mentoring tips and other items of interest designed to help you be an effective Mentor.

***For a change of pace, vary your meeting schedule with your Mentee.** Everyone's schedule is more chaotic and less predictable in the summer, which can make it more challenging to meet. Instead of viewing it as a problem, take advantage of the summer to vary when and where you meet. Meet over coffee at Starbucks or Crescent City (meet first thing in the morning and have breakfast) or do a dessert break in the afternoon at House of Flower/The Cake Shop downtown (where I get all of my glammy desserts!) or one of the local yogurt/ice cream shops. *Don't let travel and other schedules keep you from meeting at least once a month!* It is important for your Mentee to capitalize on their time this summer and mentoring can help them do that.

***Encourage your Mentee to do some house-cleaning.** I always carve out some time in the summer to do some house-cleaning in my office. Maybe its because I am the child of depression-era parents and old habits die hard, but I find it valuable to set aside a day or two to plow through the last year's "stuff" and organize it - pitch some, file some, pull some out and put it on my to-do list for the upcoming year. It can be a great way to reflect on the past year and think about what I want to do different next year. Plus, it makes my work space look better and gives me a mental boost of sorts as I head into the next year.

***Think about Graduate Student Mentoring.** Mentoring graduate students is often like teaching - we don't really train faculty to do either, instead we expect that because they were once a graduate student (or student in a classroom) that they picked up by osmosis how to do the job on the other side. Take some time this summer to talk with your Mentee about how they mentor their graduate students. Because faculty are often so busy, they may be pressured to limit the

time they invest in their students, but it is important to provide students with some larger guidance rather than just how to run the experiment or write a literature review, although those are important as well. Structure is often one way to minimize wasted time and maximize productivity when it comes to mentoring graduate students. Share your own best practices with your Mentee or suggest that they check out some the presentations at <http://tinyurl.com/advanceingfacultylunches> on "Tips on Managing Your Lab and Graduate Students" or "Running a Research Program While Mentoring Graduate Students".

***Have some summer fun!** Long term, it is important to have some balance with a hectic schedule. Summer is the best time for faculty to do that, so do encourage your Mentee to take some time off. With the 4th of July in the middle of the week, a bigger trip might be out of the question, but there are lots of things to do in a single day in the region. The Natchez Trace is a National Park and really interesting, with multiple stops of historical significance - you can join it in Jackson, MS, and either drive south to Natchez or north to Tupelo. Another National Park (and site listed on the UNESCO Tentative List - the first step to designation as a UNESCO World Heritage site) is Poverty Point in northeast Louisiana, north of Delhi. It features mounds and other archaeological sites dating from 700 BC to 1650. There is a museum, hiking, and self-guided tours. Just be sure to take plenty of water and light-weight clothing in the heat!

Mentoring Tip for July:

* With my Dad soon starting his 5th year in a nursing home, I am motivated to do whatever I can to hold on to all of my brain cells and keep them sharp! Some of the most recent research suggests that having *intellectual passions* is key to keeping your mind healthy. Namely, a passionate mind leads to a healthy brain (that can make new connections and grow new neurons), serves as a buffer against memory loss, boosts daily intellectual skills, and keeps us purposed and relevant. To find our more, check it out online at:

http://www.huffingtonpost.com/cynthia-r-green-phd/mind-health_b_1616223.html

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